

CHAPTER II
VEGETABLES AND FRUITS

TO RECONSTITUTE DRY MILK:
For Nonfat Dry Milk:

A. FLUID SKIM MILK

Makes:	1 quart	1 gallon
INGREDIENTS	MEASURES	MEASURES
Lukewarm water	3 $\frac{3}{4}$ cups	3 $\frac{3}{4}$ qts.
Nonfat dry milk	3 $\frac{3}{4}$ cups	$\frac{3}{4}$ qt. (or 3 cups)

DIRECTIONS:

1. To reconstitute non-fat dry milk, sprinkle dry milk on top of lukewarm water and beat with rotary beater, wire whip or power mixer until well mixed and use as fluid milk.

VARIATION:

2. Mix the non-fat dry milk with the dry ingredients in the recipe and add the water for reconstitution in place of the fluid milk specified.

B. BUTTERMILK

Makes:	1 quart	1 gallon
INGREDIENTS	MEASURES	MEASURES
Commercial buttermilk	$\frac{1}{2}$ cup	1 pt. or 2 cups
Nonfat dry milk	$\frac{3}{4}$ cup	$\frac{3}{4}$ qt. or 3 cups
Lukewarm water	3 $\frac{3}{4}$ cups	3 $\frac{3}{4}$ qts. or 15 cups

DIRECTIONS:

1. Reconstitute non-fat dry milk with lukewarm water. Stir in buttermilk. Cover. Let stand at room temperature 8 hours. Stir until smooth.
2. Cover and refrigerate.

C. SOUR MILK

Makes:	1 quart	1 gallon
INGREDIENTS	MEASURES	MEASURES
Lukewarm water	3 $\frac{1}{2}$ cups	3 $\frac{1}{2}$ qts. (or 14 cups)
Nonfat dry milk	$\frac{3}{4}$ cup	$\frac{3}{4}$ qt. (or 6 cups)
Vinegar	$\frac{1}{4}$ cup	$\frac{1}{4}$ qt. (or 1 cup)

DIRECTIONS;

1. Reconstitute non-fat dry milk with lukewarm water. Stir in vinegar.
2. Cover and refrigerate in not used immediately.

BUTTERED CANNED VEGETABLES *

Makes approximately 96 servings – ¼ cup **.

Prepare in 2 - #10 can lots to prevent vegetables becoming broken and discolored.

INGREDIENTS

Liquid drained from vegetables

Vegetables

Butter or margarine ***

Salt

Pepper

MEASURES

1 qt.

2 - # 10 cans

1 cup (or ½ lb.)

as needed

as needed

** See *Food Buying Guide for Type A Lunches*, USDA, Washington D.C., PA-270

*** Bacon fat may be used for variety.

DIRECTIONS:

1. Heat drained vegetables with 1 quart liquid and add butter, salt and pepper as needed.
2. Heat only long enough for seasoning to go through vegetables, 10 – 15 minutes. (Save rest of liquid for soup or making white sauce.)

Seasonings for Vegetables

1. Chili powder
2. Chopped onion
3. Chopped parsley or parsley flakes
4. Curry powder
5. Chopped powder
6. Chopped celery or celery seed

Garnishes

1. Onion rings or chopped onion
2. Pepper rings or chopped pimento
3. Hard-cooked eggs, sliced or chopped
4. Bread cubes, or crumbs, toasted
5. Paprika
6. Sliced beets or baby beets

Number of Portions	96
Size of Portion	¼ cup

Calories.....	36	Iron.....	0.44 Mg	Protein.....	1.08 G	11.69%
Cholesterol.....	0 Mg	Calcium.....	11.79 Mg	Carbohydrates.....	3.84 G	42.42%
Sodium.....	87 Mg	Vitamin A.....	500 RE	Total Fat	1.99 G	49.47%
Fiber.....	1.24 G	Vitamin C.....	2.07 Mg	Saturated Fat.....	0.37 G	9.28%

- Adapted from *Meals for Many* by Marion A. Wood and Katherine W. Harris.

CREAMED CANNED VEGETABLES *

Makes approximately 96 servings – ¼ cup**

Prepare in 2 - #10 can lots to prevent vegetables becoming broken and discolored.

** See *Food Buying Guide for Type A Lunches*, USDA, Washington D.C., PA-270

INGREDIENTS

White sauce

Vegetables

MEASURES

2 qts. (or 8 cups)

2 - # 10 cans

DIRECTIONS:

1. Make medium white sauce and add to drained vegetables in serving pan. (Card H-8)
2. Heat in serving pan in oven or in top of double boiler for 10 to 15 minutes.

Number of Portions	96
Size of Portion	¼ cup

Calories.....	40	Iron.....	0.51 Mg	Protein.....	1.91 G	19.21%
Cholesterol.....	3 Mg	Calcium.....	36.85 Mg	Carbohydrates.....	5.83 G	58.53%
Sodium.....	106 Mg	Vitamin A.....	503 RE	Total Fat	1.11 G	25.09%
Fiber.....	1.28 G	Vitamin C.....	2.27 Mg	Saturated Fat.....	0.64 G	14.53%

- Adapted from *Meals for Many* by Marion A. Wood and Katherine W. Harris.

CREAMED GREEN BEANS *

Makes 100 servings – ¼ cup.

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Cut green beans

2 - #10 cans

Reconstituted dry milk**

1 ¼ qt.

Butter

½ lb.

1 cup

Sifted flour

8 oz.

2 cups

Salt

1 oz.

2 Tbsps.

White pepper

1 tsp.

Minced parsley

2 oz.

½ cup

** See page 43 for directions to reconstitute dry milk.**DIRECTIONS:**

1. Drain beans, saving liquid. Reconstitute milk and bean liquid.
2. Melt butter, blend in flour, salt and pepper and add reconstituted milk. Cook over low heat 8 to 10 minutes to remove raw starch flavor. Add parsley.
3. Combine sauce and beans in serving pan. Heat thoroughly in oven. SERVE HOT.

VARIATION:

Cheese Sauced Green Beans: (Medium White Sauce, Card H-8)

Add 3 lbs. (3 qts.) shredded cheese to hot white sauce.

Stir until cheese melts. Pour over beans and heat thoroughly. SERVE HOT.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	37	Iron.....	0.51 Mg	Protein.....	1.10 G	11.75%
Cholesterol.....	0 Mg	Calcium.....	25.85 Mg	Carbohydrates.....	4.08 G	43.71%
Sodium.....	233 Mg	Vitamin A.....	39 RE	Total Fat	2.00 G	48.24%
Fiber.....	0.74 G	Vitamin C.....	1.68 Mg	Saturated Fat.....	0.43 G	10.35%

- Adapted from Blue Lake Green Bean Recipes.

CORN PUDDING *

Makes 100 servings – ¼ cup vegetable.
(40 servings of protein)

Bake in 325° oven.

INGREDIENTS**MEASURES**

Flour	4 ¾ cups	_____
Sugar	1 ¾ cups	_____
Salt	3 1/3 Tbsps.	_____
Corn, fresh or whole kernel	2 - #10 cans (or 20 cups)	_____
Shell eggs, beaten**	40	_____
Reconstituted dry milk***	2 ½ gal.	_____
Butter or margarine	½ cup	_____

** May substitute 6 2/3 cups sifted dried whole eggs and 6 2/3 cups water for 40 shell eggs

*** See page 43 for directions to reconstitute dry milk.

DIRECTIONS:

1. Mix flour, sugar and salt. Add to other ingredients.
2. Pour mixture in greased baking pans and bake in 325° F. oven for 20 to 30 minutes.
3. Stir from bottom of pan 3 times while baking.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	146	Iron.....	0.96 Mg	Protein.....	7.37 G	20.17%
Cholesterol.....	89 Mg	Calcium.....	133.10 Mg	Carbohydrates.....	20.35 G	55.70%
Sodium.....	395 Mg	Vitamin A.....	111 RE	Total Fat	4.40 G	27.10%
Fiber.....	0.95 G	Vitamin C.....	4.32 Mg	Saturated Fat.....	1.50 G	9.26%

- Adapted from Beaumont Inn Recipes, Harrodsburg, KY.

CORN AND TOMATOES *

Makes 100 servings ½ cup.

Bake in 375° oven.

INGREDIENTS**WEIGHTS****MEASURES**Cream style corn, or

12 ¾ lbs.

2 - # 10 cans

Canned, whole kernel corn, drained

12 ¾ lbs.

3 - # 10 cans

Canned, tomatoes

15 lbs.

2 ½ - # 10 cans

Butter or margarine, melted

1 lb.

2 cups

Green peppers, chopped

1 lb.

3 cups

Onion, chopped

1 lb.

2 2/3 cups

Pepper

1 Tbsp.

Salt

3 Tbsps.

DIRECTIONS:

1. Blend all ingredients in a mixing bowl. Pour into 4 baking pans (12" x 20" x 2") 7 ¼ lbs. or 3 ¼ qts. per pan.
2. Bake 40 minutes at 375° F. SERVE HOT.

Number of Portions	100
Size of Portion	½ cup

Calories.....	102	Iron.....	1.03 Mg	Protein.....	2.90 G	11.32%
Cholesterol.....	0 Mg	Calcium.....	12.97 Mg	Carbohydrates.....	15.84 G	61.85%
Sodium.....	485 Mg	Vitamin A.....	77 RE	Total Fat	4.40 G	38.63%
Fiber.....	1.84 G	Vitamin C.....	17.28 Mg	Saturated Fat.....	.79 G	6.98%

- Adapted from *Favorite Quantity Recipes for Type-A School Lunches*, January, 1967, USDA Consumer and Marketing Service.

POLKA DOT CORN *

Makes 100 – ¼ serving.

Bake in 350° oven.

INGREDIENTS

Liquid drained from corn
 Dry milk solids
 Green onions, chopped
 Parsley, chopped
 Corn, whole kernel, drained
 Butter or margarine
 Salt

MEASURES

1 qt.
 2 cups
 2 cups
 1 cup
 4 - # 10 cans
 1 ¾ cups
 as needed

DIRECTIONS:

1. Combine liquid from corn with dry milk.
2. Add other ingredients in order listed.
3. Cover with aluminum for and bake in a moderate oven 350° F. about 30 minutes.
4. SERVE HOT.

Number of Portions	100
Size of Portion	½ cup

Calories.....	102	Iron.....	0.76 Mg	Protein.....	3.02 G	11.85%
Cholesterol.....	0 Mg	Calcium.....	37.29 Mg	Carbohydrates.....	16.21 G	63.54%
Sodium.....	207 Mg	Vitamin A.....	48 RE	Total Fat	3.99 G	35.20%
Fiber.....	1.66 G	Vitamin C.....	8.09 Mg	Saturated Fat.....	0.73 G	6.42%

- Recipe from Consumer Service Division, National Canners Association, Washington, D.C.

CHEESY ASPARAGUS *

Makes 114 servings – ½ cup.

Bake in 400° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Butter	¾ lb.	1 ½ cups	
Flour	½ lb.	2 cups	
Mustard, dry		4 tsps.	
Salt		4 tsps.	
Pepper, white		½ tsp.	
Fluid milk, scalded		1 gal. (or 4 qts.)	
Cut asparagus spears & tips, drained		3 - # 10 cans	
Cheddar cheese, grated	2 lbs.	½ gal. (or 2 qts.)	
Bread crumbs, fine, dry		1 qt. (or 4 cups)	

DIRECTIONS:

1. Combine melted butter, flour, mustard, salt and pepper.
2. Add milk gradually and cook until thickened, stirring constantly.
3. Add about 2/3 of cheese to sauce and stir until cheese is melted
4. Put asparagus into baking pans. Mix remaining cheese with crumbs. Spread over top.
5. Bake at 400° F. about 30 minutes or until crumbs are browned.

Number of Portions	114
Size of Portion	½ cup

Calories.....	74	Iron.....	1.05 Mg	Protein.....	2.91 G	15.68%
Cholesterol.....	5 Mg	Calcium.....	52.91 Mg	Carbohydrates.....	7.36 G	39.61%
Sodium.....	335 Mg	Vitamin A.....	57 RE	Total Fat	3.94 G	47.70%
Fiber.....	0.93 G	Vitamin C.....	8.31 Mg	Saturated Fat.....	1.25 G	15.19%

- Adapted from Consumers Service Division, National Canners Association, Washington, D.C.

COPPER CARROT PENNIES

Makes 100 servings – ¼ cup.

INGREDIENTS**WEIGHTS****MEASURES**

Carrots, fresh

12 lbs., or

2 - # 10 cans

Green peppers, small

6

Onions, medium

6

Tomato soup

1 - # 3 cylinder

Salad oil

3 cups

Vinegar

1 qt. (4 cups)

Sugar

1 qt. (4 cups)

Mustard, prepared

2 Tbsps.

Worcestershire sauce

2 Tbsps.

DIRECTIONS:

1. Wash, scrape or pare, slice into penny looking pieces and cook fresh carrots in boiling salt water until tender (10 minutes).
2. Drain cooked carrots and cool.
3. Arrange carrots, sliced green peppers and sliced onions in layers in container.
4. Combine all other ingredients and pour over vegetables.
5. Marinate in refrigerator overnight.
6. Drain and SERVE CHILLED.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	117	Iron.....	0.35 Mg	Protein.....	0.66 G	2.26%
Cholesterol.....	0 Mg	Calcium.....	15.73 Mg	Carbohydrates.....	14.76 G	50.34%
Sodium.....	45 Mg	Vitamin A.....	1536 RE	Total Fat	6.71 G	51.50%
Fiber.....	1.73 G	Vitamin C.....	10364 Mg	Saturated Fat.....	1.13 G	8.69%

- Submitted by Miss Eleanor Ligon, Home Economist, Southeast Regional Office, USDA, Atlanta, GA. Recipe from Mrs. Louise Apperson, School Lunch Supervisor, Chilton Co., AL, April 1975.

GLAZED CARROTS *

Makes approximately 100.

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Cooked carrots

20 ¼ lbs.

3 gal. & 1 qt.

Granulated sugar, or

2 ½ lbs.

1 ¼ qts.

Brown sugar

2 ½ lbs.

1 ¾ qts. – packed

Salt

¾ oz.

1 1/3 Tbsps.

Cornstarch, or

2 1/3 Tbsps.

Flour

5 1/3 Tbsps.

Water

2 qts. & 3 cups

Butter or margarine

10 oz.

1 ¼ cups

DIRECTIONS:

1. Place carrots in 2 steam table pans, 18" x 26" x 2".
2. Combine sugar, salt and cornstarch (or, flour). Stir in water. Cook for 15 minutes. Add butter or margarine.
3. Pour sauce over carrots so that each piece is coated.
4. Bake at 350° F. for 1 ½ hrs. Baste carrots with sauce.

Number of Portions
Size of Portion

100
½ cup

Calories.....	107	Iron.....	0.60 Mg	Protein.....	1.06 G	3.96%
Cholesterol.....	0 Mg	Calcium.....	29.72 Mg	Carbohydrates.....	21.29 G	79.67%
Sodium.....	373 Mg	Vitamin A.....	2278 RE	Total Fat	2.43 G	20.50%
Fiber.....	3.04 G	Vitamin C.....	2.12 Mg	Saturated Fat.....	0.45 G	3.83%

- *Quantity Recipes Kentucky 1964*, Division of School Food Services, Department of Education, Frankfort, KY.

MASHED POTATOES *

Makes approximately 100 servings - ¼ cup.

INGREDIENTS**WEIGHTS****MEASURES**

Potatoes, pared

15 lbs.

Dry Milk

1 cup

Potato water

2 Tbsps.

Butter or margarine

½ lb.

1 cup

DIRECTIONS:

1. Boil potatoes until tender, drain, save potato water.
2. Mash in mixer at low speed until smooth.
3. Add potato water, butter, salt, and sprinkle in dry milk.
4. Beat at low speed until ingredients are blended.
5. Mix at high speed until well blended and potatoes are light and fluffy.
6. Portion with a No. 16 scoop (1/4 cup)

Number of Portions	100
Size of Portion	¼ cup

Calories.....	74	Iron.....	0.52 Mg	Protein.....	1.85 G	9.99%
Cholesterol.....	0 Mg	Calcium.....	20.24 Mg	Carbohydrates.....	12.87 G	69.37%
Sodium.....	11 Mg	Vitamin A.....	18 RE	Total Fat	1.89 G	22.91%
Fiber.....	1.09 G	Vitamin C.....	13.49 Mg	Saturated Fat.....	0.36 G	4.39%

- Adapted from *School Lunch Journal*, February, 1957, Mrs. Edith Cushman, CT

PINEAPPLE GLAZED SWEET POTATOES *Makes 100 servings $\frac{1}{2}$ cup.

Bake in 425° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Sweet potatoes, whole drained

2 $\frac{1}{2}$ - # 10 cans

Pineapple, crushed drained

1 - # 10 can

Salt

1 Tbsp.

Brown sugar

2 lbs.

Butter

 $\frac{1}{2}$ lb.

1 cup

DIRECTIONS:

1. Cut sweet potatoes into halves and put into baking pans, place them in rows.
2. Spoon pineapple over sweet potatoes.
3. Sprinkle salt and brown sugar over sweet potatoes.
4. Dot with butter. Bake in 425° F. oven about 30 minutes.
5. Base occasionally.

Number of Portions	100
Size of Portion	$\frac{1}{4}$ cup

Calories.....	105	Iron.....	0.64 Mg	Protein.....	0.62 G	2.37%
Cholesterol.....	0 Mg	Calcium.....	18.35 Mg	Carbohydrates.....	21.84 G	83.51%
Sodium.....	90 Mg	Vitamin A.....	307 RE	Total Fat	1.97 G	16.98%
Fiber.....	1.46 G	Vitamin C.....	5.90 Mg	Saturated Fat.....	0.37 G	3.17%

- Recipe from Consumer Service Division, National Canners Association, Washington, D.C.

SWEET POTATO CROQUETTES *

Makes 100 servings – ¼ cup each.

Bake in 305° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Hot mashed sweet potatoes **

14 lbs.

1 ¾ gals.

Shell eggs

8

Milk

1 cup

Butter or margarine

10 oz.

1 ¼ cup

Brown sugar

¾ cup

Salt

1 ½ tsps.

Nutmeg

1 Tbsp.

Crushed corn flakes, or Shredded coconut

** Use fresh cooked or canned sweet potatoes.

DIRECTIONS:

1. Use fresh cooked or canned sweet potatoes.
2. Mix all ingredients until well blended. Shape into balls or croquettes. (Use a No. 16 scoop for portioning.)
3. Roll in crushed corn flakes or shredded coconut. Place on greased baking sheet and heat at 350° F. for 15 minutes or until tipped with brown.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	101	Iron.....	0.49 Mg	Protein.....	1.65 G	6.53%
Cholesterol.....	17 Mg	Calcium.....	17.24 Mg	Carbohydrates.....	17.24 G	68.37%
Sodium.....	2656 Mg	Vitamin A.....	1305 RE	Total Fat	2.96 G	26.44%
Fiber.....	1.92 G	Vitamin C.....	14.44 Mg	Saturated Fat.....	0.66 G	5.86%

- Adapted from *Plentiful foods, Special*, December 1965 USDA.

SWEET POTATO – MARSHALLOW CASSEROLE *

Makes approximately 100 servings – ¼ cup.

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Hot mashed sweet potatoes

15 ¼ lbs. fresh

2 ½ - # 10 cans

Butter

½ lb.

1 cup

Salt

2 Tbsps.

Nutmeg

1 tsp.

1 tsp.

Cinnamon

1 tsp.

1 tsp.

Orange juice

¼ cup

¼ cup

Hot milk

2 cups

Marshmallows

100

DIRECTIONS:

1. To mash sweet potatoes, add butter, spices and orange juice. Beat until light and fluffy, adding just enough milk so the mixture is soft.
2. Spread mixture in 2 greased baking pans, 12" x 20" x 2". Bake at 350° F. for 20 minutes.
3. Top with marshmallows and bake 10 minutes longer, or, until marshmallows are lightly browned. SERVE HOT.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	93	Iron.....	0.50 Mg	Protein.....	0.93 G	4.00%
Cholesterol.....	6 Mg	Calcium.....	15.39 Mg	Carbohydrates.....	17.89 G	76.86%
Sodium.....	184 Mg	Vitamin A.....	379 RE	Total Fat	2.17 G	21.03%
Fiber.....	1.53 G	Vitamin C.....	5.73 Mg	Saturated Fat.....	1.29*G	12.46

*Denotes Missing Nutrient Values

- From *School Lunch Journal*, December 1963, published by American School Food Service Association, Denver, Colorado.

SCALLOPED CABBAGE *

Makes 100 – ¼ cup servings.

Bake in 350° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Shredded cabbage

12 ¼ lbs.

2 ¾ gals.

Boiling water

¼ lb.

1 ½ gals.& 2 ¼ cups

Butter or margarine

4 oz.

½ cup

Sifted flour

2 ¼ lbs.

1 cup

Hot milk

½ lb.

3 qts. (or 12 cups)

Grated cheese

1 oz.

2 ¼ qts. (or 9 cups)

Dry bread crumbs

2 cups

Butter or margarine

2 Tbsp.

Salt

3 Tbsp.

DIRECTIONS:

1. Remove wilted outside leaves. Wash, quarter and core. Crisp in cold water if wilted. Shred. Cook cabbage. Bring water to boil. Add shredded cabbage and cook 10 to 15 minutes. Drain.
2. Prepare white sauce. (Melt butter or margarine, add flour and salt. Stir into hot milk. Cook until thickened, stirring constantly). Add cheese and mix.
3. Place cabbage in 2 baking pans about 12" x 20" x 2" and cover with sauce.
4. Top with buttered bread crumbs and bake at 350° F. for 20 minutes or until crumbs are browned.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	94	Iron.....	0.52 Mg	Protein.....	4.50 G	19.23%
Cholesterol.....	14 Mg	Calcium.....	128.09 Mg	Carbohydrates.....	7.20 G	30.74%
Sodium.....	448 Mg	Vitamin A.....	57 RE	Total Fat	5.52 G	53.10%
Fiber.....	1.41 G	Vitamin C.....	18.18 Mg	Saturated Fat.....	2.87 G	27.57%

- Adapted from recipe cards, *Type-A School Lunch Recipes*, USDA, PA-271, Revised July 1, 1958

SAVORY PEAS *

Makes approximately 96 servings – ¼ cup each.

INGREDIENTS

Peas
Butter or margarine
Salt
Onion

MEASURES

2 - # 10 cans
1 cup (1/2 lb)
4 tsps.
1 cup

DIRECTIONS:

1. Drain liquid from peas. Heat 2 cups of the liquid with butter, onions and salt.
2. Cook until onions are tender.
3. Store the remaining liquid in the refrigerator for use in soup.
4. Add peas to liquid and heat thoroughly. Do not stir while heating.

Number of Portions	96
Size of Portion	¼ cup

Calories.....	46	Iron.....	0.39 Mg	Protein.....	1.82 G	16.03%
Cholesterol.....	0 Mg	Calcium.....	8.95 Mg	Carbohydrates.....	5.29 G	46.48%
Sodium.....	188 Mg	Vitamin A.....	50 RE	Total Fat	2.05 G	40.58%
Fiber.....	1.70 G	Vitamin C.....	3.82 Mg	Saturated Fat.....	0.38 G	7.46%

- Adapted from American Can Company, *Recipes for Canned Fruit and Vegetables*.

SCALLOPED SUMMER SQUASH *
(Yellow or Zucchini Squash)

Makes 100 servings – 1/3 vegetable.
25 servings of protein each.

Bake in 325° oven.

INGREDIENTS	WEIGHTS	MEASURES	
Squash, thinly sliced	15 lbs.		
Medium white sauce		1 ¾ qts.	
Shell eggs, beaten		25	
Salt		2 2/3 Tbsps.	
Onion, chopped		3 Tbsps.	
Worcestershire sauce		1 1/3 Tbsps.	
Dry bread crumbs		2 cups	
Butter or margarine	¼ lb.	½ cup	

DIRECTIONS:

1. Cook squash 5 minutes in 2 qts. boiling water. Drain.
2. Combine white sauce, eggs and seasonings. Place 1 gallon and 2 cups (or 9 lbs. 14 oz.) in 2 greased baking pans (about 12" x 20" x 2"). Cover with sauce. Top with buttered crumbs.
3. Bake at 325° F. for 35 minutes or until done and lightly browned.

Number of Portions	100
Size of Portion	1/3 cup

Calories.....	65	Iron.....	0.60 Mg	Protein.....	3.27 G	19.95%
Cholesterol.....	56 Mg	Calcium.....	52.91 Mg	Carbohydrates.....	6.12 G	37.39%
Sodium.....	328 Mg	Vitamin A.....	63 RE	Total Fat	3.33 G	45.72%
Fiber.....	1.44 G	Vitamin C.....	5.93 Mg	Saturated Fat.....	1.06 G	14.52%

- Adapted from recipe developed by Human Nutrition Research Division, Agricultural Research Service, U.S. Department of Agriculture.

VEGETABLE CASSEROLE WITH CHEESE SAUCE *

Serves approximately 118 – ¼ cup each.

Bake in 300° oven.

INGREDIENTS

Frozen green lima beans
 Frozen cauliflower
 Fresh carrots

WEIGHTS

5 lbs.
 5 lbs.
 2 lbs.

DIRECTIONS:

1. Pare carrots and cut in half-inch slices
2. Cook vegetables in salted water until tender. Place vegetables in layers in steam table pan and cover with cheese sauce.
3. Sprinkle top with buttered bread crumbs (if desired).
4. Bake at 300° F. oven for 30 minutes or until sauce bubbles.

Number of Portions	118
Size of Portion	¼ cup

Calories.....	43	Iron.....	0.60 Mg	Protein.....	2.43 G	22.45%
Cholesterol.....	2 Mg	Calcium.....	24.98 Mg	Carbohydrates.....	7.19 G	66.58%
Sodium.....	136 Mg	Vitamin A.....	227 RE	Total Fat	0.70 G	14.61%
Fiber.....	1.92 G	Vitamin C.....	11.25 Mg	Saturated Fat.....	0.37 G	7.63%

- Submitted by Mrs. Ella Benz, Former Co-Manager, Kenwood Elem. School, Jefferson Co, KY.

CARROT-RAISIN SALAD

Makes approximately 100 – 1/3 cup servings.

INGREDIENTS**WEIGHTS****MEASURES**

Carrots, shredded

15 lbs.

15 cups (or 3 ¾ qts.)

Seedless raisins

2 lbs.

6 cups (or 1 ½ qts.)

Celery, diced fine

2 ¼ lbs.

9 cups (or 2 ¼ qts.)

Pineapple juice

3 cups

Mayonnaise

3 Tbsps.

Sugar

1 lb. 5 oz.

2 1/3 cups

Salt

2/3 oz.

1 Tbsps.

DIRECTIONS:

1. Shred carrots fine. Add raisins and diced celery to mixture.
2. Mix pineapple juice, mayonnaise, sugar and salt. Pour over shredded carrots; mix thoroughly and chill before serving.

Number of Portions	100
Size of Portion	1/3 cup

Calories.....	61	Iron.....	0.34 Mg	Protein.....	0.57 G	3.72%
Cholesterol.....	0 Mg	Calcium.....	14.66 Mg	Carbohydrates.....	14.99 G	97.65%
Sodium.....	89 Mg	Vitamin A.....	466 RE	Total Fat	0.42 G	6.18%
Fiber.....	1.06 G	Vitamin C.....	3.39 Mg	Saturated Fat.....	0.06 G	0.86%

- Adapted from recipe by Blue Boar Cafeteria by Mrs. Betty Sipes, Former Manager, Waller Elementary School, Jefferson Co., KY.

SWEETHEART SALAD *

Makes approximately 100 servings – ¼ cup each.
50 cuts per 12" x 20" x 2"

INGREDIENTS	WEIGHTS	MEASURES	
Lemon gelatin	3 lbs.	7 cups	_____
Salt		2 Tbsps.	_____
Hot water		1 gal. (or 4 qts.)	_____
Canned tomatoes, chopped and juice		2 - # 10 cans	_____
Honey		1 cup	_____
Vinegar		1 cup	_____
Celery, chopped fine	2 lbs.	7 cups	_____

DIRECTIONS:

1. Dissolve gelatin and salt in hot water; add tomatoes or juice, honey and vinegar.
2. Chill until slightly thick; fold in celery. Pour into 2 pans, 12" x 20" x 2". Chill until firm; cut in 2" x 2" squares.

VARIATIONS:

Make jellied tomato salad as above and add chopped cabbage, chopped green pepper or shredded carrots.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	71	Iron.....	0.28 Mg	Protein.....	1.48 G	8.34%
Cholesterol.....	0 Mg	Calcium.....	16.05 Mg	Carbohydrates.....	17.17 G	96.88%
Sodium.....	240 Mg	Vitamin A.....	24 RE	Total Fat	0.06 G	0.77%
Fiber.....	0.52 G	Vitamin C.....	5.92 Mg	Saturated Fat.....	0.01 G	0.13%

- Adapted from recipe by Mrs. Hannah Mather, Foods Coordinator, Jefferson Co., KY.

MIXED GREEN SALAD *

Makes 100 – ½ cup servings each.

INGREDIENTS	WEIGHTS	MEASURES	
Bacon		30 strips	_____
Spinach, young tender	10 lbs.		_____
Lettuce or cabbage	10 lbs.		_____
Vinegar		1 cup	_____
French dressing		1 qt. (or 4 cups)	_____

DIRECTIONS:

1. Dice bacon, fry and drain.
2. Wash and chop greens and pour vinegar over them. Sprinkle bacon on top of greens.
3. Serve with French dressing.

Number of Portions	100
Size of Portion	½ cup

Calories.....	104	Iron.....	2.00* Mg	Protein.....	1.06 G	3.96%
Cholesterol...	8 Mg	Calcium.....	68.64* Mg	Carbohydrates.....	21.29 G	79.67%
Sodium.....	255 Mg	Vitamin A...	320* RE	Total Fat	2.43 G	20.50%
Fiber.....	1.86* G	Vitamin C...	14.51* Mg	Saturated Fat.....	0.45 G	3.83%
*Denotes Missing Nutrient Values						

- From *Quantity Food Service Recipes* by Wood, Page 357.

TOMATO SPOON SALAD *

Makes 100 servings – ¼ cup each.

INGREDIENTS**WEIGHTS****MEASURES**

Canned tomatoes

10 ½ lbs.

1 ¼ gals.

Onions, chopped

1 lb.

2 2/3 cups

Green peppers, chopped

1 lb.

3 cups

Sugar

1 lb .

2 cups

Salt

2 oz.

3 Tbsps.

Vinegar

1 ¼ cups

Mustard seed

2 2/3 Tbsps.

DIRECTIONS:

1. Chop tomatoes; add to onions and green pepper.
2. Mix remaining ingredients and pour over vegetables.
3. Chill, serve in saucer or dessert dishes.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	36	Iron.....	0.40 Mg	Protein.....	0.76 G	8.34%
Cholesterol.....	0 Mg	Calcium.....	19.66 Mg	Carbohydrates.....	8.64 G	94.88%
Sodium.....	291 Mg	Vitamin A.....	50 RE	Total Fat	0.29 G	7.09%
Fiber.....	0.94 G	Vitamin C.....	10.97 Mg	Saturated Fat.....	0.03 G	0.82%

- Submitted by the New Mexico State School Lunch Agency to School Lunch Division, U.S. Department of Agriculture, Washington, D.C. 40250 in *Favorite Quantity Recipes for Type-A School Lunches*, January 1967.

STUFFED CELERY *

Makes 100 portions vegetable.
40 servings protein

INGREDIENTS	WEIGHTS	MEASURES	
Cheese	5 lbs.		
Butter	1 ¼ lbs.		
Pimentos	2 ½ lbs.		
Sugar		5 Tbsps.	
Lemon juice		1 ¼ cups	
Salad dressing		3 1/3 cups	
Grated onions		½ cup	
Salt		1 tsp.	
Celery	9 ½ lbs.		

DIRECTIONS:

1. Have all ingredients at room temperature.
2. Cream butter and cheese. Add pimento and all other ingredients. Whip until light and fluffy.
3. Use pastry tube to fill celery cuts with pimento cheese mixture.

Number of Portions	100
Size of Portion	1 each

Calories.....	191	Iron.....	0.49 Mg	Protein.....	5.60 G	11.73%
Cholesterol.....	26 Mg	Calcium.....	160.34 Mg	Carbohydrates.....	3.64 G	7.61%
Sodium.....	430 Mg	Vitamin A.....	153 RE	Total Fat	17.57 G	82.74%
Fiber.....	0.97 G	Vitamin C.....	13.46 Mg	Saturated Fat.....	5.97 G	28.12%

- Adapted from *Recipes by Florida Citrus Commission*, Lakeland, FL.

DURRETT HIGH SCHOOL SALAD *

Makes approximately 100 servings – ½ cup each.

INGREDIENTS**WEIGHTS****MEASURES**

Broccoli

2 lbs. (or 1 bunch)

Cauliflower

2 lbs. (or 1 bunch)

Green peppers

¾ lb.

Carrots

2 lbs.

Spinach

2 lbs.

Lettuce, head

6 heads, medium

Celery

2 bunches

Tomatoes

10 lbs.

DIRECTIONS:

1. Cut all ingredients in bite-size pieces.
2. Use all of stems and flowers of broccoli and cauliflower.
3. Spinach and lettuce may be cut or torn.
4. Core and cut each tomato into eight pieces.
5. Add dressing when ready to serve. Sweet oil dressing is suggested for this salad.

Number of Portions	100
Size of Portion	1/2 cup

Calories.....	25	Iron.....	0.78 Mg	Protein.....	1.45 G	23.56%
Cholesterol.....	0 Mg	Calcium.....	27.39 Mg	Carbohydrates.....	5.13 G	83.52%
Sodium.....	27 Mg	Vitamin A.....	368 RE	Total Fat	0.31 G	11.37%
Fiber.....	1.99 G	Vitamin C.....	25.22 Mg	Saturated Fat.....	0.05 G	1.65%

- Submitted by Mrs. Lucille Schoenlaub, Manager, Durrett High School, Jefferson Co., KY.

BANANA SPLIT PIE *

Makes 120 servings.

Unbaked

INGREDIENTS**WEIGHTS****MEASURES**

Butter (room temp.)

2 ½ lbs.

Powdered sugar

1 gal., 1 qt.

Shell eggs

20

Crushed pineapple (drain and reserve juice)

2 - # 10 cans

Bananas (soak in reserved pineapple juice)

30

Whipped topping mix

10 – 2 oz. pkgs.

Graham cracker crust

4 (cut 30 – 35 pieces)

DIRECTIONS:

1. Make Graham cracker crust according to directions on Page 162 in Chapter 4 - “*Other Food*”. Yield 4 pans that will cut 30 to 35 pieces each.
2. Beat butter, sugar, and eggs together for 10 minutes.
3. Add bananas, sliced lengthwise and crushed pineapple.
4. Top with Whipped Dry Milk or other whipped topping. May be garnished with pecan halves or cherry halves.
5. Chill; cut in squares. Keep refrigerated until served.

TIP: Cut bananas dipped in orange, pineapple or grapefruit juice prevents their turning dark.

Number of Portions	120
Size of Portion	½ cup

Calories.....	249	Iron.....	0.53 Mg	Protein.....	2.22 G	3.57%
Cholesterol.....	36 Mg	Calcium.....	26.10 Mg	Carbohydrates.....	38.02 G	61.14%
Sodium.....	71 Mg	Vitamin A.....	110 RE	Total Fat	10.63 G	38.45%
Fiber.....	1.23 G	Vitamin C.....	5.25 Mg	Saturated Fat.....	2.15 G	7.80%

- Recipe from Murray State University.

CHEESE APPLE CRISP *

Makes 100 servings fruit.
24 servings protein

Bake in 350° oven.

INGREDIENTS	WEIGHTS	MEASURES	
Apples, sliced, fresh **	18 lbs.	12 qts.	_____
Cinnamon		2 Tbsps.	_____
Water		1 ½ qts. (or 6 cups)	_____
Lemon juice		6 Tbsps.	_____
Sugar	6 lbs.	3 qts (or 12 cups)	_____
Sifted flour	2 lbs.	2 qts. (or 8 cups)	_____
Salt		1 Tbsp.	_____
Butter	2 lbs.	1 qt. (or 4 cups)	_____
Cheese, shredded	3 lbs.	3 qts.	_____

** Canned sliced apples may be substituted for fresh apples, but; 2 - # 10 cans must be used to give ¼ fruit per serving.

DIRECTIONS:

1. Arrange the sliced apples in shallow greased baking pans.
2. Sprinkle with the cinnamon, add water and lemon juice.
3. Combine sugar, flour and salt; work in the butter to form a crumbly mixture.
4. Stir in shredded cheese and spread the mixture of the apples.
5. Bake in 350° F. oven until apples are tender and the crust is brown and crisp (approximately 30 to 40 minutes).

Number of Portions	100
Size of Portion	½ cup

Calories.....	303	Iron.....	0.69 Mg	Protein.....	4.15 G	5.48%
Cholesterol.....	13 Mg	Calcium.....	94.49 Mg	Carbohydrates.....	46.99 G	62.09%
Sodium.....	266 Mg	Vitamin A.....	116 RE	Total Fat	11.91 G	35.41%
Fiber.....	2.53 G	Vitamin C.....	4.93 Mg	Saturated Fat.....	4.09 G	12.17%

- Adapted from recipe by Kraft Foods Company, April, 1956.

CHERRY DELIGHT *

Makes 100 servings.

Bake in 400° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Cherries

2 - # 10 cans

Sugar

5 lbs.

6 qts. (or 24 cups)

Butter

1 lb.

2 cups

Sifted flour

3 lbs.

3 qts. (or 12 cups)

Baking powder

4 Tbsps.

Salt

½ tsp.

Fluid Milk

1 ½ qts. (or 6 cups)

DIRECTIONS:

1. Mix cherries and one-half (12 cups) of sugar, boil 1 minute.
2. Melt butter; divide into 4 baking pans, 12" x 20" x 2".
3. Mix remaining ingredients and pour over melted butter in pans.
4. Pour fruit mixture over batter, being careful not to mix fruit and batter.
5. Bake in 400° F. oven for 40 minutes or until done.

Number of Portions	100
Size of Portion	½ cup

Calories.....	205	Iron.....	1.56 Mg	Protein.....	2.50 G	4.88%
Cholesterol.....	2 Mg	Calcium.....	59.49 Mg	Carbohydrates.....	40.09 G	78.40%
Sodium.....	82 Mg	Vitamin A.....	84 RE	Total Fat	4.32 G	19.00%
Fiber.....	1.04 G	Vitamin C.....	1.35 Mg	Saturated Fat.....	1.02 G	4.48%

- Submitted by Mrs. Gold Damron Barrow, Linton School, Cadiz, KY, May 1970.

CHERRY TARTS *

Makes 100 servings.

INGREDIENTS**WEIGHTS****MEASURES**

Cherries, canned

2 - # 10 cans

Flour

1 ½ cups

Sugar

3 lbs.

1 ½ qts.(or 6 cups)

Butter

½ lb.

1 cup

Graham crackers

3 lbs.

1 gal.

Butter or margarine

2 lbs.

1 qt. (or 4 cups)

Whipped Topping – as per Page 164 (*Other Foods Section*) or, use Whipped Topping Mixes – enough to make for 200

DIRECTIONS:

1. Put cherries in a larger sauce pan and bring to a boil.
2. Mix sugar and flour together; add to the boiling cherries. Stir until thick.
3. Cool in refrigerator overnight.
4. Make graham cracker crust blending graham crackers and butter, and press into pans, 12" x 20" x 2".
5. Prepare Whipped Topping for 200, (See Page 164 – Chapter 4, *Other Foods*). Use ½ topping to each pan. Spread topping over crust. Then spread cooled cherries over the topping. Store in refrigerator until used.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	218	Iron.....	1.39 Mg	Protein.....	1.63 G	2.99%
Cholesterol.....	0 Mg	Calcium.....	11.95 Mg	Carbohydrates.....	30.66 G	56.19%
Sodium.....	87 Mg	Vitamin A.....	133 RE	Total Fat	10.51 G	43.34%
Fiber.....	1.06 G	Vitamin C.....	1.21 Mg	Saturated Fat.....	1.91 G	7.90%

- Adapted from recipe published in Cincinnati Enquirer, submitted by Mrs. Dessie Cooper, Former Manager, Mason Co. High School, Maysville, KY.

CHERRY CRISP *

Makes 144 servings.

Bake in 450° oven.

INGREDIENTS**MEASURES****Filling:**Frozen cherries, or

Canned cherries

Sugar

Flour

Topping:

Flour

Sugar

Butter

22 lbs.

3 - # 10 cans

1 qt.

3 cups

2 ½ qts.

3 qts.

1 ½ lbs.

DIRECTIONS:

1. Place 2 ¾ qts. drained cherries in each 12" x 20" x 1" pan. Heat juice from drained cherries.
2. Combine 1 qt. sugar and 3 cups flour. Add juice to mixture and cook until thickened. Pour over cherries.
3. Combine flour, sugar and butter until crumbly. spread mixture over cherries.
4. Bake in a hot oven 450° F. for 5 minutes. Reduce to 400° F. oven and bake for 25 minutes.

Number of Portions	144
Size of Portion	½ cup

Calories.....	221	Iron.....	0.86 Mg	Protein.....	1.75 G	3.17%
Cholesterol.....	0 Mg	Calcium.....	11.05 Mg	Carbohydrates.....	46.36 G	83.86%
Sodium.....	1 Mg	Vitamin A.....	90 RE	Total Fat	90 G	16.97%
Fiber.....	1.27 G	Vitamin C.....	1.04 Mg	Saturated Fat.....	1.04 G	3.20%

FRUIT COBBLER *

(Water-packed cherries, blackberries, gooseberries, apricots, apples)

Makes 100 portions – ½ cup each.

Bake in 425° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Fruit juice & fruit

1 - # 10 can

Sifted flour

1 lb. 2 oz

4 ½ cup

Water

1 qt.

Sugar

5 lbs.

10 ¾ cups

Fruit

3 - # 10 cans and 1 #303

Pastry

6 lbs.

(Recipe Card C-19)

Salt

2 Tbsp.

DIRECTIONS:

1. Drain canned fruit. Measure fruit juice and heat.
2. Mix flour, sugar and salt. Add cold water and mix to form paste.
3. Stir paste into heated fruit juice; cook until thickened, stirring constantly.
4. Add drained fruit; pour into baking pans.
5. Cover with pastry or top with dropped biscuit dough. Use #16 scoop.
6. Bake at 425° F. approximately 35 minutes or until done.

Number of Portions	100
Size of Portion	½ cup

Calories.....	288	Iron.....	1.25 Mg	Protein.....	3.22 G	4.48%
Cholesterol.....	0 Mg	Calcium.....	28.91 Mg	Carbohydrates.....	51.57 G	71.69%
Sodium.....	342 Mg	Vitamin A.....	19 RE	Total Fat	8.44 G	26.40%
Fiber.....	1.79 G	Vitamin C.....	2.04 Mg	Saturated Fat.....	2.13 G	6.67%

- Adapted from *Food for Fifty* by Fowler, West & Shugart.

ROSY APPLESAUCE *

Makes approximately 100 portions – ¼ cup.

INGREDIENTS

Strawberry gelatin
Applesauce

WEIGHTS

7 oz.

MEASURES

1 cup
2 ¼ - # 10 cans

DIRECTIONS:

1. Add strawberry gelatin to applesauce and mix until gelatin is dissolved.
2. SERVE CHILLED.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	60	Iron.....	0.24 Mg	Protein.....	0.27 G	1.84%
Cholesterol.....	60 Mg	Calcium.....	2.81 Mg	Carbohydrates...	15.45 G	103.59%
Sodium.....	0 Mg	Vitamin A.....	1 RE	Total Fat	0.12 G	1.87%
Fiber.....	0.83 G	Vitamin C.....	1.17 Mg	Saturated Fat.....	0.02 G	0.31%

- From School Lunch Menu Magic, General Food Corporation, Institutional Products Division, White Plains, NY.

PEACH CRISP PUDDING *

Makes 100 servings.
4 pans, 10" x 18" x 2"

Bake in 400° oven.

INGREDIENTS**MEASURES****Pudding Mixture:**

Butter or margarine
Sugar
Soft bread crumbs
Peaches, drained, sliced, sweetened

1 qt. (or 4 cups)
½ gal. (or 8 cups)
4 gals.
4 - # 10 cans

Peach Sauce:

Peach syrup
Sugar, granulated
Salt
Flour
Butter or margarine, soft

3 qts. (or 12 cups)
1 ½ qts. (or 6 cups)
1 tsp.
3 cups
1 ½ cups

DIRECTIONS:**TO MAKE PUDDING:**

1. Cream butter and sugar.
2. Combine with soft breadcrumbs and peaches.
3. Pour pudding into 4 greased baking pans.
4. Bake in a hot oven (400° F.) 10 minutes or until done
5. Serve with whipped topping or peach sauce.

TO MAKE PEACH SAUCE:

1. Combine ingredients, stir until well blended.
2. Bring to a boil and thicken over direct heat, stirring constantly.
3. Set over hot water after cooking for 10 minutes to complete gelatinization of starch.
4. Serve either hot or cold with peach pudding.

Number of Portions	100
Size of Portion	½ cup

Calories.....	549	Iron.....	4.85 Mg	Protein.....	9.63 G	7.01%
Cholesterol.....	0 Mg	Calcium.....	163.53 Mg	Carbohydrates.....	98.72 G	71.87%
Sodium.....	626 Mg	Vitamin A.....	141 RE	Total Fat	13.77 G	22.56%
Fiber.....	3.32 G	Vitamin C.....	2.90 Mg	Saturated Fat.....	2.74 G	4.49%

- Adapted from *Recipes* by American Institute of Baking, Consumer Service Department.

ORANGE WHIP *

Makes 100 servings – ½ cup serving.

INGREDIENTS**WEIGHTS****MEASURES**

Gelatin

4 oz.

¾ cup

Sugar

1 lb. 12 oz.

3 ½ cups

Salt

½ tsp.

Boiling water

1 gal.

Concentrated orange juice, thawed

1 ¾ qts. (or 7 cups)

DIRECTIONS:

1. Blend gelatin, sugar, and salt. Add boiling water and stir until gelatin is dissolved.
2. Blend in orange juice concentrate. Chill until mixture is slightly thicker than the unbeaten egg white.
3. Whip on an electric mixer until double in volume. Chill until set. Cut in squares or portions with No. 8 scoop.

Number of Portions	100
Size of Portion	½ cup

Calories.....	61	Iron.....	0.08 Mg	Protein.....	0.59 G	3.83%
Cholesterol.....	0 Mg	Calcium.....	7.24 Mg	Carbohydrates.....	15.13 G	98.79%
Sodium.....	17 Mg	Vitamin A.....	6 RE	Total Fat	0.04 G	0.61%
Fiber.....	0.16 G	Vitamin C.....	27.41 Mg	Saturated Fat.....	0.00 G	%

- Adapted from *Frozen Orange Juice Concentrate* Bulletin, U.S. Department of Agriculture Consumer and Marketing Service, August 1967.

SENECA'S ORANGE SLUSH *

Makes 40 – 120 servings.

½ cup each serving

INGREDIENTS

Frozen Orange Juice Concentrate
Non-Fat Dry Milk
Water
Sugar

40 SERVINGS

1 – 32 oz. Can
2/3 cup
1 gal.
1 cup

120 SERVINGS

3 – 32 oz. cans
2 cups
3 gal.
3 cups

DIRECTIONS:

1. Mix all ingredients. Pour in steam table pans and let freeze overnight.
2. Put in vertical cutter or miser for 1 minute, then portion in paper cups.
3. Store covered in freezer until ready to serve.

Number of Portions	40
Size of Portion	½ cup

Calories.....	63	Iron.....	0.10 Mg	Protein.....	1.27 G	8.06%
Cholesterol.....	0 Mg	Calcium.....	34.35 Mg	Carbohydrates.....	14.73 G	93.81%
Sodium.....	14 Mg	Vitamin A.....	7 RE	Total Fat	0.06 G	0.90%
Fiber.....	0.18 G	Vitamin C.....	31.41 Mg	Saturated Fat.....	0.02 G	0.22%

- Submitted by Mrs. Lillian Swartz, Manager, Seneca High School, Jefferson Co., KY.

CRANBERRY ORANGE RELISH *

Makes 150 – ¼ cup servings.

INGREDIENTS**WEIGHTS****MEASURES**

Cranberries

8 lbs.

Oranges

24 small

Sugar

6 lbs.

3 qts. (or 12 cups)

DIRECTIONS:

1. Peel oranges, remove seed, trim off membranes, put rind and pulp through chopper.
2. Finely chop cranberries and oranges.
3. Add sugar and mix.
4. Chill before serving. Serve with No. 16 scoop.

NOTE: Keeps for 2 weeks in refrigerator.

Number of Portions	100
Size of Portion	¼ cup

Calories.....	92	Iron.....	0.08 Mg	Protein.....	0.29 G	1.27%
Cholesterol.....	0 Mg	Calcium.....	10.26 Mg	Carbohydrates.....	23.66 G	102.94%
Sodium.....	0 Mg	Vitamin A.....	6 RE	Total Fat	0.07 G	0.72%
Fiber.....	1.52 G	Vitamin C.....	14.42 Mg	Saturated Fat.....	0.01 G	0.07%

- Submitted by Mrs. Ollie Lowery, Former Manager, Shelby Co. High School, Shelbyville, KY.

JELLIED FRUIT SALAD *

Makes 100 servings.

½ cup vegetable and/or fruit

INGREDIENTS	WEIGHTS	MEASURES	
Lemon flavored gelatin	3 lbs.	1 qt. & 3 ¾ cups	_____
Hot water		2 qts. & 3 cups	_____
Orange juice		1 gal., 1 qt. & 1 cup	_____
Shredded carrots	6 ¾ lbs.	1 gal., 1 qt., (or 20 cups)	_____
Crushed pineapple, drained		1 gal. & 1 qt. (or 5 qts.)	_____
Chopped celery	1 ¼ lbs.	1 qt. & 1 cup (or 5 cups)	_____

DIRECTIONS:

1. Dissolve gelatin in the hot water or fruit juice. Add cold water, chill until mixture begins to thicken.
2. Add fruit and chopped vegetables.
3. Pour into pans to the dept of 1 inch and chill until set.
4. Cut and serve on shredded lettuce or other salad greens.

VARIATIONS: EMERALD SALAD

Substitute lime flavored gelatin for lemon. Omit shredded carrots and add 2 ½ cups shredded cabbage.

Number of Portions	100
Size of Portion	½ cup

Calories.....	107	Iron.....	0.41 Mg	Protein.....	1.94 G	7.21%
Cholesterol.....	0 Mg	Calcium.....	21.22 Mg	Carbohydrates.....	25.71 G	95.69%
Sodium.....	49 Mg	Vitamin A.....	625 RE	Total Fat	0.26 G	2.17%
Fiber.....	1.37 G	Vitamin C.....	22.81 Mg	Saturated Fat.....	0.03 G	0.24%

- Submitted by Mrs. John Fuller, Former Manager, Reidland School, Paducah, KY.

PINEAPPLE WALDORF SALAD *

Makes 200 servings – ¼ cup fruit.

INGREDIENTS	WEIGHTS	MEASURES	
Sugar	4 oz.	½ cup	
Dry mustard		2 tsps.	
Salt	½ oz.	1 Tbsp.	
Flour	8 oz.	2 cups	
Pineapple syrup		½ gal.	
Pineapple juice		½ gal. (or 8 cups)	
Eggs		15 (or 3 cups)	
Vinegar		1 ½ cups	
Non-fat dry milk	1 lb.	1 qt. (dry)	
Drained pineapple chunks	9 lbs. 2 oz.	2 - # 10 cans	
Unpeeled red apples	6 lbs. 12 oz.	½ gal.	
Chopped celery	3 lbs.	3 qts.	

DIRECTIONS:

1. Mix sugar, mustard, salt and flour. Add pineapple syrup and make a thin paste.
2. Beat eggs, add vinegar, remaining syrup, juice and flour paste.
3. Cook over medium heat 15 to 20 minutes until thick. COOL.
4. Mix the milk with ice water; whip until thick. Fold into cooled mixture.
5. Core and dice unpeeled apples and combine with pineapple chunks, celery, and dressing. Toss lightly.

Number of Portions	200
Size of Portion	¼ cup

Calories.....	61	Iron.....	0.31 Mg	Protein.....	1.77 G	11.71%
Cholesterol.....	16 Mg	Calcium.....	44.38 Mg	Carbohydrates.....	12.88 G	85.10%
Sodium.....	60 Mg	Vitamin A.....	11 RE	Total Fat	0.52 G	7.74%
Fiber.....	0.97 G	Vitamin C.....	6.50 Mg	Saturated Fat.....	0.15 G	2.16%

- Adapted from *Pineapple Recipes* by Pineapple Growers Association, 215 Market St., San Francisco, CA.

PINK APPLESAUCE SALAD *

Makes 100 servings.

INGREDIENTS**WEIGHTS****MEASURES**

Cinnamon drop

3 cups

Boiling water

3 ¾ qts. (or 15 cups)

Orange gelatin

2 lbs. 13 oz.

Applesauce

3 - # 10 cans

Chopped celery

1 7/8 lbs.

7 ½ cups

Chopped nuts, if desired

2 ½ cups

Shredded lettuce

as needed

DIRECTIONS:

1. Melt cinnamon drops in boiling water. Pour over gelatin and dissolve.
2. Add applesauce and chill until almost firm; fold in celery and nuts.
3. Pour in serving pans. Chill until set. Cut in squares and serve on shredded lettuce.

Number of Portions	100
Size of Portion	½ cup

Calories.....	138	Iron.....	0.44 Mg	Protein.....	1.44 G	4.17%
Cholesterol.....	0 Mg	Calcium.....	9.35 Mg	Carbohydrates.....	30.65 G	88.94%
Sodium.....	44 Mg	Vitamin A.....	2 RE	Total Fat	2.00 G	13.08%
Fiber.....	1.46 G	Vitamin C.....	2.25 Mg	Saturated Fat.....	0.18 G	1.16%

- Submitted by Mrs. Helen Davis, Former Director, Todd Co., KY – School Lunch Program.

RAISIN PIE *

Makes 100 portions – ½ cup servings.

Bake in 450° oven.

INGREDIENTS**WEIGHTS****MEASURES**

Raisins	13 lbs. 5 oz.	2 ½ gals.	_____
Water		2 ½ gals.	_____
Brown sugar	14 oz.	1 pt.	_____
Cornstarch, <u>or</u> ,	13 1/3 oz.	2 ½ cups	_____
Flour	1 lb. 4 oz.	1 qt. & 1 cup	_____
Cinnamon	1 ¼ oz.	¼ cup & 1 Tbsp.	_____
Salt	¾ oz.	1 Tbsp and 1 ½ tsp.	_____
Vinegar		1 ¼ cups	_____
Butter or margarine	5 oz.	½ cup & 2 Tbsps.	_____

DIRECTIONS:

1. In a large pot, combine raisins and water.
2. Mix brown sugar, flour or cornstarch, cinnamon, salt and vinegar. Blend to a smooth paste (use some water from raisins if necessary).
3. Stir the mixture into the raisins and water. Bring to a boil. Add butter.
4. Pour into pastry lined pans. Cover with top crust.
5. Bake 20 to 25 minutes in a very hot oven, 450° F. oven. Then lower temperature to 350° F. and cook until brown.

Number of Portions	100
Size of Portion	½ cup

Calories.....	233	Iron.....	1.54 Mg	Protein.....	2.08 G	3.58%
Cholesterol.....	0 Mg	Calcium.....	39.92 Mg	Carbohydrates.....	56.27 G	96.74%
Sodium.....	135 Mg	Vitamin A.....	12 RE	Total Fat	2.25 G	8.71%
Fiber.....	2.65 G	Vitamin C.....	2.09 Mg	Saturated Fat.....	0.43 G	1.66%

- Adapted from *Modern Encyclopedia for Cooking*, Meta Given, by Gwendolyn French, Former Director, Mason Co. School Lunch Program, May 1970.

RICE FRUIT SALAD *

Makes approximately 100 servings – 1/3 cup.

INGREDIENTS	WEIGHTS	MEASURES	
Uncooked, enriched rice	3 lbs.	½ gal. (or 8 cups)	_____
Water		1 ½ gals. (or 24 cups)	_____
Salt		1 ½ Tbsp.	_____
Tidbit pineapples, drained		1 qt. (or 4 cups)	_____
Miniature marshmallows		1 qt. (or 4 cups)	_____
Raw apples, diced, unpeeled	1 ½ lbs.		_____
Granulated sugar	1 ½ lbs.	3 cups	_____
Double cream (for whipping)		1 qt. (or 4 cups)	_____
Confectioner's sugar		1/3 cup	_____

DIRECTIONS:

1. Cook rice by your preferred method. Chill in refrigerator.
2. Mix all ingredients except whipped cream, fold whipped cream in gently. Serve on lettuce leaf with a No. 13 dipper.

Number of Portions	100
Size of Portion	1/3 cup

Calories.....	144	Iron.....	0.63 Mg	Protein.....	1.37 G	3.79%
Cholesterol.....	13 Mg	Calcium.....	12.86 Mg	Carbohydrates.....	26.96 G	74.70%
Sodium.....	115 Mg	Vitamin A.....	41 RE	Total Fat	3.65 G	22.73%
Fiber.....	0.45 G	Vitamin C.....	1.12 Mg	Saturated Fat.....	2.22* G	13.85%
*Denotes Missing Nutrient Values						

- Submitted by Mrs. Hannah Mather, Former Foods Coordinator, School Lunch Program, Jefferson Co., KY.